

Getting Ready For <i>Sport Studies</i>		
Your Name		
BTEC (NQF) Sport	Anatomy and Physiology (Unit 1) Fitness Training (Unit 2) Professional Development (Unit 3) Practical Sport (Unit 7)	Summer 2024

We are delighted you have chosen to study Sport at Worthing College.

Instructions: This pack will help you make the best possible start to studying this subject.

The tasks in this pack:

- should take you **about 4-6 hours to complete.**
- should be handed into your teacher when teaching starts **from 9th September 2024** with your name on it for assessment.
- are also available on the internet – follow the links in the document.

If you need help: The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at gettingreadyfor@worthing.ac.uk, telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays. Dave Hall (Teaching & Learning Manager for Sport, Sport Science & PE) is also available to answer any questions or queries (d.hall@worthing.ac.uk)

Skills Focus for this Getting Ready for Pack	
Effective note taking. Basic knowledge building for Sport units Application of sporting examples.	Summarising of information to identify key points. Research skills to find and support answers. Concise writing to provide answers in an effective and efficient manner.

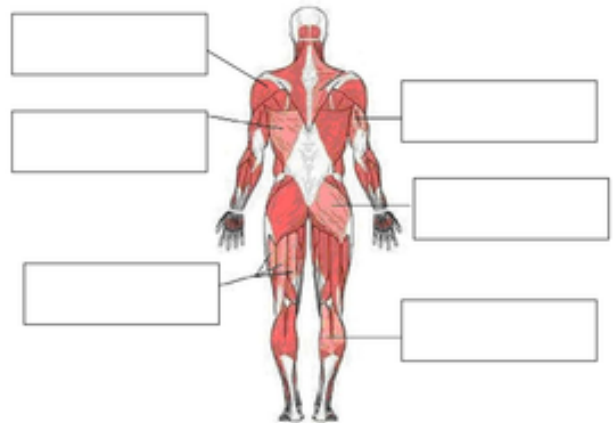
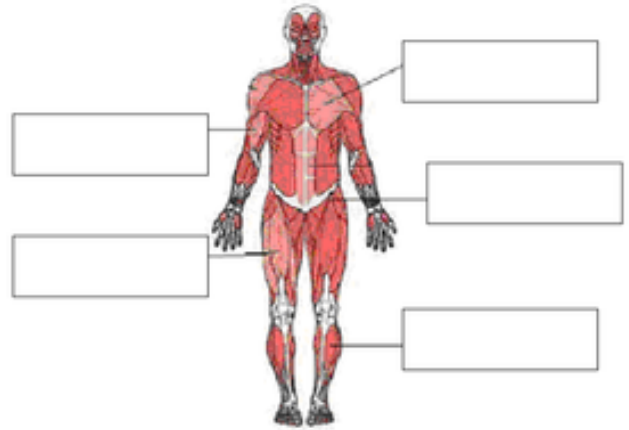
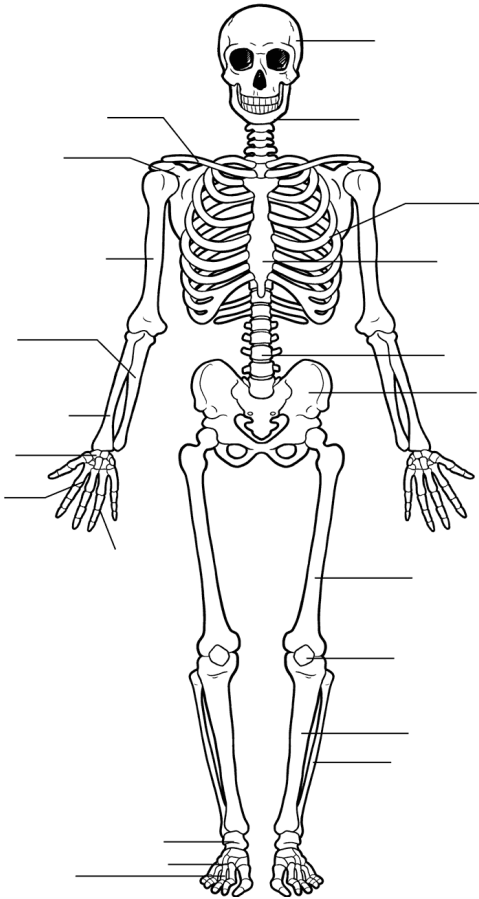
What is in this pack? This pack consists of a page of tasks for a selection of the units that you will be starting in September. The tasks will provide you with some of the basic knowledge required in those units. Within Unit 3 & Unit 7 the tasks will support you in completing your first assessment in these units in September. There are four units covered within this pack, these units are:

- Unit 1 – Anatomy & Physiology (examined unit)
- Unit 2 – Fitness Training & Programming for Health, Sport & Well Being (examined unit)
- Unit 3 – Professional Development in the Sports Industry (internally assessed unit)
- Unit 7 – Practical Sports Performance (internally assessed unit)

Unit 1 – Anatomy & Physiology (Examined Unit)

Task 1

Label the bones and muscles below:



Task 2

Make notes below on the function of the skeletal system using this video:



Unit 2 – Fitness Training & Programming for Health, Sport & Wellbeing
(Examined Unit)

Task 1

Complete the fitness components definitions below;



Fitness Component:	Definition:
Aerobic Endurance	
Strength	
Muscular Endurance	
Flexibility	
Speed	
Body Composition	

Task 2

Pick one fitness component & plan a gym session to develop it;

Block 1 (Warm Up)	Block 2 (Main Exercises)	Block 3 (Cool Down)
Exercise(s):	Exercise(s):	Exercise(s):
Duration:	Duration:	Duration:
Intensity/Sets/Reps:	Intensity/Sets/Reps:	Intensity/Sets/Reps:

Struggling for ideas? Please use the videos below from our Strength & Conditioning partners at the Sussex Performance Centre:



Task 3

Now DO THE SESSION YOURSELF. Tell us what went well & even better if below;

Unit 7 – Practical Sports Performance (Internally Assessed Unit)

Task 1

Watch a game of your choice. Pick a player & complete a notational analysis of them using the table below;

Sport:		Game:		
Player:		Date:		
Technique/Skill:	Describe what does a successful attempt look like?	Successful attempts:	Unsuccessful attempts:	% Successful
1)				
2)				
3)				
4)				
5)				

Task 2

Now complete a pitch/court heat map of each touch the player makes;



Task 3

Video yourself perform in either a team or individual sport & analyse like Task 1 and Task 2;



Task 4

From the data gathered in Tasks 1, 2 & 3 write about the strengths and weaknesses of your chosen player and your own performance. Please back your points by using the data you produced;

Unit 3 – Professional Development in the Sports Industry
(Internally Assessed Unit)

Task 1

Research the skills required for THREE jobs using the career profiles link below;



Task 2

Complete a skills audit on your own levels of performance with examples;

Skills required to be employable	Score out of 10	Example to back your score
Written Communication		
Verbal Communication		
Problem Solving		
Team Work		
Organisation		
Commitment		
Reliability		
Resilience		
Use of IT		
Literacy & Numeracy		
Leadership		



Work Experience week

All year 1 students are required to participate in a week-long work placement during their first year of study. You will be expected to locate one week's worth of work placement and submit your work experience form before October half term.

Placement Dates:

L2/L3 students on double /triple qualifications:

1 week course-specific placement, expected placement dates will be confirmed by the course leaders at the beginning of September.

Students with 2 or more single subjects:

1 week placement during the Easter holidays or w/c 23 June 2025

You can find the work experience form [HERE](#)
More information and guidance can be found [HERE](#)